

Field Community and Social Services

Review of *Exercise, Fitness, and Recreation and Sport* unit standards

Subfield	Domain	ID
Exercise	Fitness Assessment and Exercise Instruction	30933, 30935
	Human Anatomy, Physiology and Nutrition	6571, 30447, 30636
Fitness	Exercise Prescription	21794
	Fitness Education	505
Recreation and Sport	Recreation and Sport – Core Skills	18763, 27299
	Recreation and Sport – Programmes and Events	4864, 21414

The Toi Mai Workforce Development Council has completed the review of the unit standards listed above.

Date new versions published

August 2024

Planned review date

December 2029

Summary

The review of these unit standards was carried out as part of the five-year review process and was completed in collaboration with schools, tertiary providers and industry. Feedback was gathered via targeted consultation using online hui and email during November and December 2023 and an open consultation process via Toi Mai's website during April and May 2024.

Six standards were identified as continuing to meet industry need and were updated as detailed below. Five standards were identified as expiring without direct replacement.

Main changes

- Guidance Information updated including legislation (Privacy Act); ACC SportSmart materials; REPs Code of Ethical Practice statement; and references to Standard Exercise Schedules A and B removed as they are no longer used.
- The Standard Setting Body changed from Skills Active to Toi Mai Workforce Development Council.
- Standards 505 and 21794 have had outcomes reduced and range statements simplified to better reflect the content and the time required to achieve the outcomes of the standard. The title has been updated for 21794 and the credits decreased from 3 to 2. Both standards have had a classification change – 505 moves from expiring *Fitness* subfield and *Fitness Education* domain to the existing *Exercise* subfield and *Fitness Assessment and Exercise Instruction* domain; 21794 moves from expiring *Fitness* subfield and *Exercise Prescription* domain to the existing *Exercise* subfield and *Fitness Assessment and Exercise Instruction* domain.
- Standards 30933, 30935, 30447 and 21414 have had minor changes to some performance criteria and range statements.
- Five standards will expire without direct replacement. 30636 will expire given the overlap identified during the review of standards 30933 and 30447. Standards 4864, 6571, 18763 and 27299 will expire given the declining usage, and feedback indicating that the content is no longer fit for purpose.

Category D unit standards will expire at the end of December 2026

The last date for assessment of superseded versions of Category B unit standards is December 2026

Impact on existing organisations with consent to assess

Current consent for			Consent extended to		
Nature of consent	Classification or ID	Level	Nature of consent	Classification or ID	Level
Subfield	Fitness	1-7	Standard	505	1
			Standard	21794	2
Domain	Fitness Education	1-7	Standard	505	1
Domain	Exercise Prescription	2-6	Standard	21794	2

Impact on Consent and Moderation Requirements (CMR)

Standards 505 and 21794 have been moved from CMR 0069 to CMR 0099.

Detailed list of unit standards – classification, title, level, and credits

All changes are in **bold**.

Key to review category	
A	Dates changed, but no other changes are made - the new version of the standard carries the same ID and a new version number
B	Changes made, but the overall outcome remains the same - the new version of the standard carries the same ID and a new version number
C	Major changes that necessitate the registration of a replacement standard with a new ID
D	Standard will expire and not be replaced

Community and Social Services > Fitness > Fitness Education

Community and Social Services > **Exercise > Fitness Assessment and Exercise Instruction**

ID	Title	Level	Credit	Review Category
505	Manage personal physical fitness with guidance	1	3	B

Community and Social Services > Fitness > Exercise Prescription

Community and Social Services > **Exercise > Fitness Assessment and Exercise Instruction**

ID	Title	Level	Credit	Review Category
21794	Demonstrate, instruct, and monitor static stretching Demonstrate, instruct, and monitor stretching	2	3 2	B

Community and Social Services > Exercise > Fitness Assessment and Exercise Instruction

ID	Title	Level	Credit	Review Category
30933	Demonstrate exercise and stretching techniques	3	5	B
30935	Develop and implement an exercise plan for personal physical fitness	3	5	B

Community and Social Services > Exercise > Human Anatomy, Physiology and Nutrition

ID	Title	Level	Credit	Review Category
6571	Demonstrate knowledge of micro and macro nutrients and nutritional imbalances	3	5	D
30447	Demonstrate basic knowledge of anatomical structures and physiological responses to exercise	3	5	B
30636	Demonstrate knowledge of the human body and its movement during exercise and stretching	3	7	D

Community and Social Services > Recreation and Sport > Recreation and Sport – Core Skills

ID	Title	Level	Credit	Review Category
18763	Describe the process of community development as a participant	2	3	D
27299	Describe benefits of participation in recreation in the local community	2	2	D

Community and Social Services > Recreation and Sport > Recreation and Sport – Programmes and Events

ID	Title	Level	Credit	Review Category
4864	Demonstrate knowledge of recreation needs of target groups	3	4	D
21414	Plan and run a recreation activity	3	4	B